

IMPERIAL BEACH SENIOR COMMUNITY CENTER PROGRAM SCHEDULE AGE 50 AND BETTER

MONDAYS

STRETCH & FLEX

Location: Library

Time: 8:30 a.m. – 9:15 a.m.

DROP-IN COFFEE & CARDS SOCIAL

Location: Building 1

Time: 9:30 a.m. – 11:30 a.m.

DROP-IN ARTS & CRAFTS SOCIAL

Location: Building 2

Time: 10:00 a.m. – 11:30 a.m.

SERVING SENIORS LUNCH PROGRAM

Time: 12:00 p.m. – 1:00 p.m.

TUESDAYS

TAI CHI with DAVE

Location: Rotunda

Time: 8:30 a.m. – 9:00 a.m.

DROP-IN PAINTING SOCIAL

Location: Building 1

Time: 10:00 a.m. – 11:30 a.m.

SERVING SENIORS LUNCH PROGRAM

Time: 12:00 p.m. – 1:00 p.m.

ZUMBA GOLD WITH SUZANNE

Location: Building 1

Time: 4:00 p.m. – 5:00 p.m.



IMPERIALBEACHCA.GOV

WEDNESDAYS

STRETCH & FLEX

Location: Library

Time: 8:30 a.m. – 9:15 a.m.

DROP-IN SEWING SOCIAL

Location: Building 1

Time: 9:30 a.m. – 11:30 a.m.

DROP-IN COFFEE & CARDS SOCIAL

Location: Building 2

Time: 9:30 a.m. – 11:30 a.m.

SERVING SENIORS LUNCH PROGRAM

Time: 12:00 p.m. – 1:00 p.m.

PAINTING with BILL

Time: 1:15 p.m. – 2:45 p.m.

CHAIR YOGA with CANDY

Location: Building 1

Time: 4:00 p.m. – 5:00 p.m.

50+ PROGRAM HOURS

MONDAY 8:30AM – 2:00PM

TUESDAY 8:30AM – 2:00PM

WEDNESDAY 8:30AM – 2:00PM

THURSDAY 8:30AM – 2:00PM

FRIDAY 8:30AM – 3:00PM

THURSDAYS

TAI CHI with DAVE

Location: Rotunda

Time: 8:30 a.m. – 9:00 a.m.

SERVING SENIORS LUNCH PROGRAM

Time: 12:00 p.m. – 1:00 p.m.

FRIDAYS

STRETCH & FLEX

Location: Library

Time: 8:30 a.m. – 9:15 a.m.

BRIDGE SOCIAL

Location: Building 2

Time: 8:30 a.m. – 11:30 a.m.

SERVING SENIORS LUNCH PROGRAM

Time: 12:00 p.m. – 1:00 p.m.

DROP-IN POKER & GAMES SOCIAL

Location: Building 1

Time: 1:15 p.m. – 3:15 p.m.

For More Information Contact
Joanne Norden | Recreation Specialist
(619) 424-7077

INTERESTED IN TEACHING A CLASS AT THE SENIOR COMMUNITY CENTER?

CONTACT: PARKSANDREC@IMPERIALBEACHCA.GOV